



OFICINA DE LA PROCURADORA DE LAS PERSONAS DE EDAD AVANZADA

Estado Libre Asociado De Puerto Rico

Name of Project: S.I.M.P.L.E

Name of Organization: Puerto Rico Office of the Ombudsman for the Elderly
San Juan, Puerto Rico

Principles of Choices for Independence: Evidence-Based Prevention/Wellness

Description:

The Puerto Rico Ombudsman Office for the Elderly has implemented an exciting program utilizing Older Americans Act and state funds. S.I.M.P.L.E is an acronym for “Sepa la Información Correcta de sus Medicinas: Pregunte. Lea la Etiqueta y Evite Problemas.” or, “Know the Correct Information about Medicines: Ask, Read the Label and Avoid Problems. The S.I.M.P.L.E Program is a medication usage program targeted to elderly patients and their caregivers. The program promotes adherence to therapy dose, frequency and duration of use, route of administration, and proper storage of medications. It is a collaboration between the Puerto Rico Office of the Ombudsman for the Elderly, the University of Puerto Rico, and the Pharmacy Association in Puerto Rico.

The goals of the S.I.M.P.L.E. program are to:

- Improve the quality, accessibility and acceptance of pharmaceutical services for the appropriate use of medications in the elderly population and their caregivers in Puerto Rico
- Maximize medication use in the elderly population and their caregivers in Puerto Rico.

The S.I.M.P.L.E program targets local community pharmacists (not large chains) to participate in the program. In order to participate, the pharmacist must satisfactorily complete training sessions developed by the Puerto Rico Office of the Ombudsman for the Elderly and the University of Puerto Rico. Training areas include the bio-psychosocial aspects of aging as well as the necessary administrative and operational aspects for implementing the program in community pharmacies. Upon completion of the training pharmacists are then certified to participate in the program. Pharmacists must have adequate space in their pharmacies to allow for interaction with patients. In

addition, the pharmacist must agree to recruit 15 patients to participate in the program as well as offer one year of follow-up as specified.

The program is open to elderly patients, 60 and over and their caregivers who are using at least 3 or more medications. Over 1500 persons participated in the program in 2006.

For more information on the S.I.M.P.L.E program, contact Juanita Aponte at (787) 721-6121 or via e-mail at japonte@ogave.gobierno.pr.